



Mud Run 2013 Set For October 26

The 11th annual Mud Run will be run Saturday, October 26 at Two Rivers Park. The race is set to begin at 9:00 a.m.

Created for those who think a little differently about this runnin' stuff. The Mud Run is definitely NOT your average 5K. The Mud Run is for the adventuresome spirit and is a family friendly race.

The only thing serious about this race is the MUD.

Participants run, walk, skip, trot, cavort through our 5Kish course, which winds through the scenic trails of Two Rivers Park. Participants must overcome an "obstacle" or two along the way (please see the website for what the definition of an obstacle could be). Then finish with a spectacular frolic through our world-renowned 300-foot mud pit, which is filled with rich Arkansas mud.

To register or find more information, visit www.mudrun.org.

www.lrpr.org

About Little Rock Parks & Recreation

Little Rock Parks and Recreation oversees 59 developed parks and 12 undeveloped parks totaling over 6,100 acres. In addition, Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. For more information about Little Rock Parks & Recreation, please visit www.lrpr.org.